



# *Celebrating All Mothers*

RECIPE BOOK



# Contents Page



## Breakfast

- Breakfast Cereal Recipes
- Carrot Cake Bake Oatmeal Muffins
- Omelette
- Overnight Oats
- Overnight Protein Chia Pudding
- Protein Pancakes
- Protein Smoothies
- Quinoa Breakfast Bowl
- Smashed Avocado on Toast
- Toasted Muesli
- Waffles

## Lunchbox & Snacks

- Avocado Devil Eggs
- BFF Bec's Spinach and Macadamia Nut Dip
- Chocolate Bliss Balls
- Chocolate Peanut Butter Golden Rough Balls
- Home Made Sausage Rolls
- Honey Cinnamon Roasted Almonds
- Lemon Bliss Balls
- Orange & Cranberry Bliss Balls
- Protein Balls
- Quiche
- Raw Buckwheat and Coconut Rough
- Spring Onion Swirls
- Sugar Coated Peanuts
- Sweet Potato Fritters

## Soups, Salads & Sides

- Asparagus & Lentil Salad with Cranberries and Crumbled Feta
- Bean Salad
- Cauliflower Mash
- Chicken Sweetcorn Soup
- Grandma Thomas' Tomato Relish
- Harvest Stew Soup
- Mushroom Sauce
- Potato Bake
- Pumpkin & Pine Nut Salad
- Sweet Potato and Haloumi Salad
- Tomato Soup

# Contents Page



## Meat & Poultry

- Beef & Spinach Supreme
- Beef Stout Stew with Cheesy Dumplings
- Creamy Garlic and Herb Chicken
- Family Chicken Galette
- Mabo Tofu
- Puff Pastry Chicken Pot Pie
- Pulled Pork
- San Choy Bau
- Satay Chicken Sticks
- Satay Chicken and Rice
- Shepherds Pie
- Twice cooked Pork tacos with Pineapple Salsa

## Fish & Seafood

- Baked Fish with Tomato
- Chilli Mud Crab
- Fish Dish
- Honey Sesame Prawns
- Spiced Cod with Quinoa Salad and Mint Chutney
- Tuna Fish Casserole
- Vietnamese Style Caramelised Fish
- Weipa Crab Lasagna with Crustacean Sauce

## Rice & Pasta

- Aglio O Olio (Italian Pasta)
- Caitys Creamy Chicken Carbonara (Thermomix recipe)
- Chicken Fettucine Carbonara
- Paella

## Desserts

- Fruit Cake
- Homemade Chocolate
- Jo's Mini Baked Cheesecakes
- Key Lime Pie
- Peppermint Roll
- Secret Chocolate Cake

# Contents Page

The background of the page is a light-colored, textured surface, possibly parchment or paper, with a subtle pattern. On the right side, there are several fresh ingredients: a whole red tomato at the top right, a whole red tomato at the bottom right, a green basil leaf at the bottom right, and a small pink onion bulb in the middle right. Scattered throughout the right side are small, colorful spices and herbs, including red and yellow flakes, and green leafy bits.

## Biscuits, Cakes, Muffins & Slices

- Anzac Biscuits
- Banana Cake
- Caramel Coconut Slice
- Chocolate Peanut Butter Slice
- Grandma's Date Loaf
- Lemonade Scones
- Melting Moments with Passionfruit Butter
- Mema's Famous 5 minute Fudge
- No Bake Peanut Butter Cornflake Cookies
- Pumpkin Brownie Bars
- Raspberry and Walnut Banana Bread
- Rich Shortbread
- Vanilla Slice
- Welsh Griddle Cakes



Breakfast

# Breakfast Cereal Recipe



Recipe submitted by Christine Spark

## Ingredients

4 cups of rolled oats  
1 cup of chopped almonds  
1 cup chopped hazelnuts  
1/2 cup chopped pecan nuts  
5-6 TBSP of golden syrup  
1.5 cups Vogal All Bran  
1 cup chopped Apricots  
1 Cup Craisins

## Method

1. Add 6 tspn of oil to a large baking dish.
2. Add ingredients and mix well.
3. Put in oven at 160 deg C for approximately 15 minutes.
5. Take out of oven, allow to cool.
6. Add 1.5 cups All Bran, apricots, craisins.
7. Mix together and store in an airtight container.

# Carrot Cake Baked Oatmeal Muffins



Recipe submitted by Samantha Kilroy

## Ingredients

2.5 cups rolled oats  
1 tspn baking powder  
1.5 tspn cinnamon  
1/2 tspn salt  
1 tspn Vanilla Extract  
2 TBSP Olive Oil  
1/2 cup unsweetened apple sauce  
1/4 cup maple syrup  
1 cup carrots (Shredded)  
2 eggs

## Method

1. Preheat oven 350 degrees C.
2. Mix all dry ingredients together in one bowl.
3. Mix all wet ingredients in another bowl.
4. Add the dry mixture to the wet, and mix until combined.
5. Spoon mixture into lined muffin pans, and bake for 12-15 minutes.

Makes: 12 muffins

# Omelette

The background of the page is a light-colored, textured surface, possibly a piece of parchment or paper. It is decorated with various fresh ingredients and spices. In the top right corner, there is a whole red tomato. Scattered around the page are small pieces of dried herbs, possibly oregano or basil, and some small red and yellow flakes. In the bottom right corner, there is a single green basil leaf. The overall aesthetic is clean, fresh, and appetizing.

Recipe submitted by Samantha Kilroy

## Ingredients

3 egg whites  
1 egg  
1 clove garlic  
1 chopped mushroom  
1/4 diced tomato  
Handful of Spinach

## Method

1. Mix all together, fry in non-stick pan/ stone dine pan or with a small amount of olive oil.

HINT: There are lots of ingredients you can add, pop in as many vegetables as you prefer and change the quantity of eggs you put in depending on how big of a breakfast you eat.



# Overnight Oats



Recipe submitted by Samantha Kilroy

## Ingredients

3/4 cup rolled oats  
1/4 cup shredded coconut  
2 TBSP Flaxseed meal  
2/3 cup greek yoghurt  
2/3 cup almond milk  
1TBSP Maple Syrup  
1/2 tspn cinnamon  
Mixed berries, sliced apples or bananas

## Method

1. Mix together oats, coconut and flaxseed meal.
  2. Add yoghurt, milk, maple syrup and cinnamon, stir till fully combined.
  3. Cover and refrigerate for 8-16 hours.
- Add sliced banana, apples and or berries before eating.

# Overnight Protein Chia Pudding



Recipe submitted by Samantha Kilroy

## Ingredients

20gm Oats  
20gm Chia Seeds  
30gm Protein  
100gm frozen fruit of your choice  
Enough almond milk to stir through so mixture isn't gluggy or runny

## Method

1. Mix all ingredients together, slowly adding milk until mixture is wet.
2. Cover and refrigerate for at least 5 hours. Overnight is best.

Hint: Can last for up to 3 days in the fridge.

# Protein Pancakes

Recipe submitted by Samantha Kilroy

## Ingredients

- 3 egg whites
- 1 egg
- 50gm oats
- 1/2 scoop whey protein powder

## Method

1. Mix all ingredients, let sit for 10-30 minutes.
2. Pour in non stick fry pan.
3. Flip once there is lots of bubbles.

## Topping Suggestions

Protein Fluff - Mix Greek Yoghurt with whey protein powder - Chocolate is a favourite!

PB2 - Powdered Peanut Butter, mixed with water to make a paste. PPB can be purchased from most health/ supplement stores.

Berries -

Frozen or Fresh! You could even mix them with Greek Yoghurt.

# Protein Smoothies



Recipe submitted by Samantha Kilroy

## Ingredients

1 scoop Vanilla Whey protein  
80gm Greek Yoghurt  
50gm frozen berries (your choice)  
30gm rolled oats  
200ml water

## Method

1. Blend oats to make flour.
2. Add in water, berries and blend.
3. Add yoghurt and protein and blend.

Hint: If the berries are a little sour, add 10gm honey to sweeten it up a little.

# Quinoa Breakfast Bowl



Recipe submitted by Lauren Hughes

## Ingredients

200gm Quinoa  
1 tin Pears in juice  
1 cup unsalted cashews  
Frozen Fruit (mangoes, berries etc)  
Chia Seeds

## Method

1. Cook Quinoa as per packet instructions, cool in the fridge
2. Place tin of pears with juice into a blender with the cup of cashews into puree, put in the fridge.
3. Serve quinoa with pear and cashew cream, top with favourite frozen fruit and chia seeds.

HINTS: Best made the day before

Serves: 4-6

# Smashed Avocado on Toast



Recipe submitted by Samantha Kilroy

## Ingredients

1 slice of Turkish bread  
Avocado  
1 tsp. Lemon  
Feta

## Method

1. Toast Turkish Bread.
2. Whilst bread is cooking, mash together lemon juice and enough avocado to cover toast.
3. Pile the avocado mash on toast and sprinkle with crumbled feta.

# Toasted Muesli



Recipe submitted by Lauren Hughes

## Ingredients

- 1 TBSP Cold pressed Coconut Oil
- 2 TBSP Rice Malt syrup
- 1 TBSP Almond spread
- 1 cup Almonds chopped
- 2 TBSP Chia Seeds
- 1/2 cup Pumpkin seeds
- 1/2 cup Oats

## Method

1. Preheat oven at 160deg C.
2. Mix all ingredients in a bowl and place on a lined tray.
3. Cook in oven until toasted (will go brown). Use a spoon to mix it half way through for even toasting.
4. Keep in fridge and use as needed.

HINT: Best served with YO-Pro Yoghurt

Serves 6

# Waffles

The background of the page is a light-colored, textured surface, possibly a white cloth or paper. It is decorated with fresh ingredients: a whole red tomato in the top right corner, another in the bottom right, and a green basil leaf in the bottom right. There are also scattered small pieces of dried herbs and spices, including what looks like a pink onion skin, throughout the scene.

Recipe submitted by Samantha Kilroy

## Ingredients

- 1/2 cup oats
- 1 TBSP Coconut flour
- 1/2 scoop whey protein powder (whatever flavour you want your waffles to taste like)
- 1/2 tspn baking powder
- 2 egg whites

## Method

1. Mix all ingredients, blend.
2. Pour in heated non stick waffle iron





# Lunch Box & Snacks

# Avocado Devil Eggs

Recipe submitted by Samantha Kilroy

## Ingredients

2 Eggs, hardboiled  
1/2 avocado  
Lemon juice  
Salt  
Pepper

## Method

1. Peel eggs, cut in half.
2. Pull out yolk.
3. Mix yolk with Avocado.
4. Add lemon juice, salt and pepper to taste.
5. Scoop mixture back into eggs.



# BFF Bec's Spinach & Macadamia Nut Dip



Recipe submitted by Narelle Deally

## Ingredients

1 packet 250gm Frozen Spinach (thawed)  
250gm Cream Cheese (Softened)  
1/2 packet French Onion Soup  
1/2 cup whole egg mayonnaise  
1/3 cup Shallots (sliced)  
1 TBSP Lemon Juice  
3/4 cup Macadamia Nuts (Chopped)  
Salt  
Pepper

## Method

1. Mix all together until well combined
2. Serve with Jatz Crackers

# Chocolate Bliss Balls

The background of the page is a light-colored, textured surface, possibly parchment paper. It is decorated with fresh ingredients: a whole red tomato in the top right corner, another in the bottom right, and a green basil leaf in the bottom right. There are also scattered spices, including a whole pink onion, and small pieces of dried herbs and seeds.

Recipe submitted by Samantha Kilroy

## Ingredients

- 1/2 cup sultanas
- 1 TBSP natural peanut butter
- 3 TBSP desiccated coconut and extra for rolling
- 1 TBSP coconut oil
- 2 TBSP cacao
- 2 weetbix
- 2 TBSP honey or rice malt syrup

## Method

1. Blend all together in a blender/ food processor until smooth like fudge.
2. Roll into balls and cover with extra coconut.
3. Put in fridge to set. Keep in fridge.

# Chocolate Peanut Butter Golden Rough Balls

Recipe submitted by Samantha Kilroy

## Ingredients

- 1 cup almonds
- 1/2 cup rolled oats
- 2 heaped TBSP coconut flour
- 2 heaped TBSP cacao flour
- 1/4 cup natural peanut butter
- 1 TBSP coconut oil, softened
- 3 TBSP Maple Syrup or rice malt syrup
- 1/4 cup desiccated coconut

## Method

1. Using a food processor, blitz almonds, oats, coconut flour and cacao powder until fine and crumbly.
2. Add peanut butter, coconut oil, maple syrup and mix until sticky dough is formed.
3. Taste and adjust cacao and sweetener if needed. You can always use 1 TBSP of cold water at a time to help achieve that sticky dough texture if needed.
4. Add the coconut and mix until just combined.  
You really want to taste the coconut which is why we don't blitz in at the start - and that's how we get our peanut butter 'golden rough' taste.
5. Using a tablespoon as a guide, roll into balls and freeze for about 1 hour before eating.
6. Store in an airtight container in the freezer for up to one month.

# Homemade Sausage Rolls



Recipe submitted by Christine Spark

## Ingredients

Packet of puff pastry separated and set out on bench.

500 grams of beef mince in bowl

Grate:

2 onions

2 carrots

2 potatoes

1 sweet potato/pumpkin

2-3 eggs

3 TBSP tomato sauce

1 TBSP Worcestershire sauce

Salt & Pepper

## Method

Add vegetables to mince and mix with spoon or hand.

Add eggs, tomato sauce, Worcestershire sauce and salt & pepper. Mix.

Cut pastry in half and put mixture in one half.

Brush top and bottom of pastry with milk

Fold pastry over and press together with a fork.

Brush milk on top and cut into about 4.

Continue until all mixture is used.

Place sausage rolls onto an oven tray covered with baking paper.

Bake in oven at 200 degrees for 10 minutes and then turn down to 180 degrees for about another 20 minutes.

# Honey Cinnamon Roasted Almonds



Recipe submitted by Nicole Emerick

## Ingredients

30 grams butter  
50 grams honey  
1/2 teaspoon salt  
1 teaspoon vanilla essence  
1/2 teaspoon cinnamon, ground  
300 grams raw unsalted skin on almonds  
80 grams raw sugar  
1/2 teaspoon salt, additional  
3 jars 300ml capacity each one

## Method

1. Preheat oven to 170 ° C
2. Add butter, honey, ½ teaspoon of salt, vanilla and cinnamon to a saucepan and melt over a medium-high heat, whisking constantly.
3. Take mixture off heat and add almonds. Quickly mix almonds through, coating them well in the honey mixture.
4. Line a baking tray with grease proof paper and spread the coated almonds onto the sheet.
5. Roast for 15 minutes, mixing and turning the nuts every 5 minutes.
6. After 15 mins the honey mixture should be sticky and stringy like caramel. Remove from the oven.
7. Add the raw sugar and the remaining half teaspoon of salt into a container and mix well.
8. Add the caramelised almonds and then the lid. Shake to coat all the nuts in the sugar salt mix.
9. Place the nuts back onto the tray to cool completely.
10. Once cold, break them apart from each other and store in an airtight container.

# Lemon Bliss Balls



Recipe submitted by Samantha Kilroy

## Ingredients

- 1 cup desiccated coconut plus a little more for rolling.
- 1/2 cup almond meal
- 2 TBSP melted coconut oil
- 2 TBSP maple syrup or honey or rice malt syrup
- 1/2 large lemon juiced
- 1 TBSP lemon zest
- 1/2 tsp vanilla extract
- Pinch of salt

## Method

1. Combine all ingredients in a food processor until they form a dough.
2. Roll in extra coconut.
3. Place on plate covered in baking paper and let set in the fridge for 30 minutes.
4. Store in the fridge.



# Orange & Cranberry Bliss Balls

## Ingredients

2 cups dates  
1/2 cup rolled oats  
Orange zest from a whole orange  
1/4 tspn sea salt  
1/4 cup dried cranberries  
3 TBSP shredded coconut  
3 TBSP almond butter  
1/2 cup toasted almonds

Recipe submitted by Samantha Kilroy

## Method

1. Blend dates in a food processor until pureed.
2. Add oats, process until just broken up.
3. Add salt, orange zest, coconut and almond butter.
4. Toast the almonds at 200degrees C for around 5 minutes.
5. Once almonds are cooled, process almonds until crumbly and then add the cranberries and just blitz.
6. Roll mixture into balls.
7. Refrigerate for at least 4 hours to set.

# Protein Balls

The background of the page is a light-colored, textured surface, possibly a wooden cutting board or parchment paper. It is decorated with fresh ingredients: a whole red tomato in the top right corner, another in the bottom right, a green basil leaf in the bottom right, and a shallot in the middle right. There are also scattered small pieces of red and yellow spices or herbs.

Recipe submitted by Samantha Kilroy

## Ingredients

- 1 cup dates (diced and soaked in 1/4 cup hot water)
- 1/2 cup almond meal
- 1TBSP coconut oil
- 2 scoops protein powder
- 1 cup coconut
- 2 TBSP organic Cacao

## Method

1. Blend all together with half of the coconut.
2. Dampen hands.
3. Roll into balls and roll in excess coconut. Freeze!
4. Keep in freezer.

# Quiche



Recipe submitted by Gemma Sugden

## Ingredients

1 sheet of puff pastry  
140gm raw bacon pieces (optional)  
4 egg whites  
2 egg yolks  
1 zucchini, grated  
1 tomato, chopped  
1 onion, grated  
50 gm mushrooms, chopped  
150ml cream  
150ml milk  
50g grated cheese  
Salt and Pepper

## Method

1. Spray a round pie dish with oil.
2. Add sheet of pastry and trim edges to fit.
3. In a separate pan cook bacon, onion, tomato, zucchini and mushrooms until nearly cooked. Do not brown.
4. Add mixture to dish
5. Mix the eggs, cream, milk, salt and pepper in a jug.
6. Pour the mixture into the pie dish.
7. Sprinkle cheese on top
8. Bake in moderate oven for 30-45 minutes
9. Remove from oven and serve.

Cooking time: 1 hour

Serves: 6-8

# Raw Buckwheat & Coconut Rough



Recipe submitted by Samantha Kilroy

## Ingredients

1/2 cup almond meal  
1/2 cup buckwheat puffs  
1/4 rice malt syrup  
1 cup shredded coconut  
1/2 cup coconut oil  
1/4 cup chia seeds  
2 TBSP cacao powder  
1 tspn vanilla bean powder

## Method

1. Mix everything in a bowl and simply press into a baking pan.
  2. Place in freezer.
- Once set, cut into squares and store in the fridge.

# Spring Onion Swirls

Recipe submitted by Desiree Came

## Ingredients

Half punnet of alfalfa

6 spring onions washed and sliced

250gm Philadelphia cream cheese (light or full cream – your choice)

1 loaf of your choice of bread (crusts removed)

## Method

1. In a large bowl mix together, cream cheese, spring onions and 1/2 of the alfalfa. Mix till combined. Add the rest of the alfalfa mix till all combined.
2. Using a rolling pin flatten bread into even squares.
3. Using a knife spread some cream cheese mixture onto the squares, ensuring mixture goes to the edge of the bread.
4. Roll each square into fingers.
5. Cut each finger into 3 or 4 pieces.

These spring onion swirls are perfect for party platters and also really good in a sandwich for the kid's lunchboxes with some freshly sliced ham added.

# Sugar Coated Peanuts



Recipe submitted by Yasmin Braes

## Ingredients

- 2 cups white sugar
- 1 cup water
- 1 bottle food colouring
- 4 cups raw peanuts

## Method

1. Put sugar and water in saucepan heat on medium temp stirring regularly with a wooden spoon. This can take up to 20 minutes depending on the type of saucepan you use. Cook until you see toffee starting to form on the edges.
2. Grab a clear glass and fill with water.
3. Drip a small amount of the mixture into the glass (one drop at a time). If it sinks to the bottom and does not form a ball then keep stirring, **DO NOT LEAVE ON STOVE UNSUPERVISED.**
4. In the meantime grab out a large cooking tray and place on top of a few folded teatowels (bench protection).
5. Keep repeating Step 3 until you start to see sugar crystals forming on the edge of your saucepan. When this happens add the peanuts and stir like crazy.
6. The mixture will turn to sugar and your peanuts should be coated and all separated.
7. Tip the contents onto your tray and give it a few good hits on the bench to loosen the nuts.
8. As the mixture is cooling give a few more hits on the bench or a stir to loosen any stuck nuts.

# Sweet Potato Fritters

Recipe submitted by Samantha Kilroy

## Ingredients

3 cups boiled, mashed sweet potato  
3/4 cup spring onions, sliced  
1 egg  
3 TBSP almond meal  
1 small tin of corn  
1/2 cup grated zucchini  
Garlic Powder  
Salt  
Pepper

## Method

1. Combine all together in bowl, adding corn last.
2. Preheat pan, cook on medium heat. Create balls of mixture, place in pan, push down flat.
3. Cook for about 5 minutes on each side until brown.

Hint: If non stick pan unavailable, use a good quality olive oil in pan.



Soups,  
Salads &  
Sides



# Asparagus & Lentil Salad

Recipe submitted by Samantha Kilroy

## Ingredients

- 1 garlic clove
- 125g pkt lentils
- 100gm fine asparagus tips
- 3 spring onions, finely sliced
- 25g cranberries
- 1 TBSP Extra Virgin grapeseed oil, plus a little extra (optional)
- 2 tsp organic apple cider vinegar
- 140gm cherry tomatoes, halved
- 50gm feta

## Method

1. Finely grate the garlic and put in a bowl. Boil the lentils for 25 minutes, and put the asparagus in a steamer over them for the last 5 minutes until just tender.
2. Meanwhile, put the onions, cranberries, oil and vinegar in the bowl with just garlic and stir well.
3. When the lentils are ready, drain and toss them into the dressing with the tomatoes.
4. Tip into plastic containers (for a packed lunch), or onto plates, then top with the asparagus and crumble over the feta.
5. Drizzle with a little extra oil, if you like.

# Bean Salad



Recipe submitted by Simone French

## Ingredients

### Brine

- 1.5 cups sugar
- 1.5 cups apple cider vinegar
- 1/2 cup water

### Salad

- 2 x 425gm can three bean mix
- 1 x 425gm can green beans, drained
- 1 x 425gm can whole corn, drained
- 1 cup celery, finely diced (approximately 2 sticks)
- 1 cup capsicum, finely diced (approximately 1 medium)
- 1 cup onion, finely diced (approximately 1 large)

## Method

1. Place sugar, vinegar and water into a small saucepan and stir until the sugar dissolves.
2. Allow to come to a boil then remove from heat and cool.
3. Drain tinned vegetables and place in a suitable container with a lid. Add celery, capsicum and onion.
4. Once the vinegar mixture is cool, pour it over the vegetables.
5. Cover and refrigerate.

# Cauliflower Mash



Recipe submitted by Samantha Kilroy

## Ingredients

Cauliflower  
Organic Butter

Please note: Amounts will depend on how much you want to cook. Half a small cauliflower easily feeds 2 adults as a side.

## Method

1. Boil Cauliflower. Once soft put into a blender or food processor. Mix until it looks like mashed potato.  
Add a small amount of organic butter and mix

# Chicken Sweet Corn Soup



Recipe submitted by Emily Peel

## Ingredients

- 4 cups of cold water
- 1 teaspoon of ginger
- 1 teaspoon of garlic
- 1 pack of chicken noodle soup
- 2 chicken fillets (or roast chicken)

## Method

1. Put cold water in a pot.
2. Add both ginger and garlic.
3. Add packet of chicken noodle soup
4. Bring to boil.
5. Turn down heat and add chicken fillets sliced very thinly (or roast chicken)
6. When chicken turns white (cooked) add 1 can of creamed corn. Stir.
7. Heat, stirring until it starts to bubble.
8. Take the pot off heat.
9. Whisk 2 eggs in a cup and pour into soup while stirring.

Recipe can be doubled if required.

# Grandma Thomas Tomato Relish



Recipe submitted by Crystal Thomas

## Ingredients

- 1 kg ripe tomatoes
- 1 kg onions
- 1 green capsicum
- 2 x tblsp salt
- 2 x tblsp Keens mustard
- 2 x tblsp Keens curry Powder
- 1 cup water
- Makes about 2kg of relish
- 1 cup Cornwall's white vinegar
- 2 cups sugar
- 2 - 3 birds-eye chillies (depends on personal taste and chilli size. The chillies on Grandma's bush were very small so she used 10 per 1kg batch of relish).
- 2 - 3 x tblsp cornflour (for thickening) Try 2 to start with. If, after thickening, it looks too watery, add more.
- Extra vinegar (for thickening)



## Method

1. Prepare bottles – must have metal lids. Plastic doesn't seal.
  2. Peel tomatoes (score bottom; poach in boiling water for about 45 secs; drop immediately into cool water).
  3. Dice tomatoes, onions and capsicum (large dice tomatoes; small dice onion and capsicum).
  4. In a large, heavy-based stock pot, saute onion over low heat for several minutes to soften (if pot is non-stick, shouldn't need oil).
  5. When onion is soft and transparent, add all other ingredients except capsicum and thickening agents. Mix well.
  6. Bring to the boil.
  7. Lower heat. Gently boil, uncovered, for approximately 2 hours.
  8. Add capsicum in the last 30 minutes of cooking (boils away to nothing if added too early).
  9. Mix cornflour with a little vinegar until it's a pouring consistency. Drizzle into relish mix, stirring the whole time. Should instantly feel it's starting to thicken. Continue mixing. (May need to add extra cornflour if it's too watery.) Leave on heat an extra 1 – 2 minutes. Don't let the relish catch on the bottom of the pot once thickened.
  10. Carefully ladle into bottles; put lids on after about 10 minutes (As the relish starts to cool, you'll hear the lids pop, thus creating the airtight seal).
- Let cool overnight. Store in pantry until opened; refrigerate after opening.



# Harvest Stew Soup



## Ingredients

Recipe submitted by Willow McGrath

500gm Sausages/ vegetarian sausages  
6 baby potatoes - white/ yellow  
3 carrots  
3 stems celery  
2 beetroot  
4 cloves garlic  
1 onion  
1.5 cups finely chopped kale  
1 cup finely chopped parsley  
Approximately 6 cups veggie stock  
1 tspn Black pepper  
1 tspn Italian Seasoning (oregano, basil and pepper)  
1 tspn rosemary  
Pinch of Salt  
Olive oil

## Method

1. In a large soup pot, heat olive oil, and saute chopped onions, garlic and sliced sausages until carmelised. Add in herbs and spices and stir.
2. Chop/ cube potatoes, carrots, beetroots and stir into soup pot. Add celery.
3. Pour in stock until veggies are covered. Bring to the boil then turn down to simmer until veggies are soft.
4. Finely slice kale and parsley and add to pot just before serving with just enough heat for greens to wilt.
5. Season & Serve

A perfectly healthy soup for cold & flu season or just a hearty homely winter soup.

# Mushroom Sauce



Recipe submitted by Judey Browne


## Ingredients

200-300gm mushrooms of your choice  
1 small onion  
1 TBSP Butter  
1/4 cup Port  
300ml Cream  
1 tsp. Dijon Mustard

## Method

1. Fry mushrooms and onion in butter over medium heat until onion is cooked through and mushrooms are browned.
2. Add port and simmer for 3-5 minutes, stirring 2-3 times
3. Add cream and mustard and reduce heat to low and simmer until sauce reduces and thickens.
4. Season with salt and pepper and serve as a steak or chicken topper.

# Potato Bake



Recipe submitted by Gemma Sugden

## Ingredients

500gm Peeled potatoes  
1-2 Tspn French Onion soup powder  
250gm Cream  
150gm raw bacon pieces (optional)  
100gm Mozzarella grated cheese (add to taste)  
Salt and Pepper

## Method

1. Cut up potatoes into rough cubes and grease an oven proof dish
2. Mix in bacon (optional)
3. Mix up cream and French onion soup powder
4. Pour cream mixture over potatoes
5. Sprinkle cheese over top of potatoes
6. Cook in a moderate oven (180deg C) for 30-45 minutes until potato is cooked and top of dish is golden.
7. Remove from oven, serve and add salt and pepper to taste.

Cooking tip: you can pre-cook the potatoes in the microwave first for 5 minutes to decrease the cooking time in the oven.

Serves 6-8

Cooking and prep time: 1 hour



# Pumpkin & Pine Nut Salad



Recipe submitted by Samantha Kilroy

## Ingredients

Pumpkin  
Pine Nuts  
Spinach  
Feta  
Grilled Chicken  
Balsamic Vinegar

## Method

1. Cut Pumpkin in 2cm cubes, Roast.
2. Pan fry pine nuts
3. Cut fetta into 1-2cm cubes.
4. Mix all together adding chicken.
5. Drizzle with small amount of balsamic vinegar
6. Quantities will depend on how much you want to make.

# Sweet Potato & Halloumi Salad



Recipe submitted by Lauren Hughes

## Ingredients

1 sweet potato  
1/2 packet of halloumi  
1/2 packet spinach leaves  
1/2 red onion  
4 baby cucumbers  
1/2 red capsicum  
Salt and Pepper

## Method

1. Pre heat oven to 180 deg C
2. Slice sweet potato any way and coat with olive oil and salt and pepper, place on a lined tray and bake in the oven until cooked. Once cooked, place in the fridge.
3. Slice halloumi thin and fry in a hot pan until brown, put aside in the fridge.
4. Place spinach in a bowl and add chopped cucumber, capsicum and onion. Add sweet potato and halloumi, dress with balsamic vinegar to taste.

Hint: Best served with chicken or red meat.

Serves 4

# Tomato Soup



Recipe submitted by Samantha Kilroy

## Ingredients

2 cups chicken stock  
1 cup chopped onion  
3/4 cup chopped celery  
1 TBSP thinly sliced basil  
1 TBSP tomato paste  
1kg tomatoes, cut into wedges  
1/2 tspn salt  
1/4 tspn freshly ground black pepper  
6 TBSP plain Greek yoghurt  
3 TBSP thinly sliced basil

## Method

1. Combine chicken stock, onion, celery, basil, tomato paste and quartered tomatoes, bring to the boil.
2. Reduce heat and simmer for 30 minutes.
3. Place half of tomato mixture in a blender. Blend until smooth. Pour into large bowl.
4. Repeat procedure with remaining tomato mixture.
5. Stir in salt and pepper.
6. Ladle 3/4 cup soup into each of 6 bowls; top each serving with 1 TBSP Yoghurt and 1.5 tspn basil.



*Meat &  
Poultry*

# Beef & Spinach Supreme



Recipe submitted by Kerri Keuhn

## Ingredients

500gm beef mince  
1 large onion, chopped  
1 garlic clove, minced  
500gm mushrooms, chopped  
1/2 tsp. oregano  
1 tsp salt  
1/2 tsp pepper  
1 packet frozen, chopped spinach cooked and drained  
1 can mushroom soup  
250gm sour cream  
250gm cooked rice  
450gm shredded mozzarella cheese

## Method

1. Preheat oven to 180deg C.
2. Cook rice separately.
3. In a large skillet brown meat, onion, garlic, oregano, mushrooms, salt and pepper.  
Cook for 3 minutes stirring often.
4. Stir in spinach, soup, rice and sour cream.
5. Pout into a 23 x 33 x 5cm baking dish and top with cheese.
6. Bake for 20 minutes or until cheese is melted and brown on edges.

Serve with garlic bread.

Suitable for Freezing

# Beef Stout Stew & Cheese Dumplings

Recipe submitted by Tarryn Morana

## Ingredients

### Stew

- 1 kg diced beef
- Splash of Olive Oil
- 5 garlic cloves crushed
- 1 large onion, diced
- 2 large carrots sliced
- 2 celery stalks diced
- 4 peeled cubed potatoes
- 1 large sweet potato cubed
- 1 large bottle stout
- 2 cups beef stock
- 2 TBSP black sauce
- 2 TBSP tomato paste
- 1/4 cup fresh sage & thyme finely chopped or 1/2 tspn dried
- cracked salt and pepper to taste



### Cheesy Dumplings

- 1.5 cups self raising flour (Add more flour if too tacky)
- 1/2 tspn garlic powder
- 1/3 cup butter
- 3/4 cup tasty grated cheese
- 2/3 cup milk.

### Stout Stew Method:

Heat oil in a large hot camp oven or pan with a lid. Brown onions and meat then add the stout, reduce a little. Then add the remaining ingredients and bring to the boil. Reduce to a simmer. Cover with the lid and cook for approximately 1.5-2 hours. Check every 20 minutes and give a stir. Add extra water if needed. If adding dumplings you need a fair amount of moisture. Drop the dumplings in when the meat is tender.

### Dumpling Method:

Add flour, garlic and butter in a bowl, rub the butter through till it resembles breadcrumbs. Rub through cheese and then add milk and mix till combined with a fork. Drop spoonfuls in your stew leaving space as they will double in size. They take approximately 40 minutes to cook through. They are even better if you have heat on top of your lid.

# Creamy Garlic & Herb Chicken



Recipe submitted by Judey Browne

## Ingredients

500gm chicken breasts or tenderloins  
1 tablespoon minced garlic  
2 tablespoons mixed fresh herbs (oregano, thyme, parsley)  
1/3 cup of white wine  
300ml cream  
Olive oil  
Salt & pepper, to taste

## Method

1. Marinate chicken in garlic, herbs and 1-2 TBSP of olive oil for at least 1 hour,
2. Pan fry on medium heat, covered, for approximately 10 minutes each side (or less if chicken is diced)
3. Add white wine and simmer for a further 3- 5 minutes
4. Add cream and reduce heat to low to avoid cream separating, stir several times and heat through until sauce has thickened.
5. Season with salt and pepper and serve with vegetables or salad.

## SPICY VERSION:

Omit the herbs and replace with 2 TBSP Cajun seasoning

# Family Chicken Galette

The background of the page is a light-colored, textured surface, possibly parchment paper. It is decorated with various fresh ingredients: a whole red tomato in the top right corner, a shallot in the middle right, another whole red tomato in the bottom right, and a fresh basil leaf in the bottom right corner. There are also scattered small pieces of red and yellow spices or herbs throughout the scene.

Recipe submitted by Renee Williams

## Ingredients

### Flaky pastry

- 200 g unsalted butter, frozen and cut into pieces (1-2 cm)
- 200 g plain flour, plus extra for dusting
- 90 g chilled water
- ½ tsp salt

### Caramelised onion

- 1 garlic clove
- 20 g unsalted butter
- 110 g bacon slices, cut into strips (2 cm)
- 250 g brown onion, cut into eighths, layers separated
- 1 tbsp dark brown sugar
- 1 tbsp balsamic vinegar
- ½ tsp salt

### Chicken filling

- 600 g water
- 500 g chicken tenderloins
- 220 g sweet potato, peeled and cut into cubes (2 cm)
- 3 sprigs fresh thyme, leaves only, plus extra for garnishing
- 1 - 2 pinches salt
- 1 - 2 pinches ground black pepper
- 150 g fresh swiss brown mushrooms, cut into quarters
- 40 g unsalted butter
- 1 tsp chicken stock paste (see Tips)
- 50 g pouring (whipping) cream



# Family Chicken Galette cont.

Recipe submitted by Renee Williams

## Flaky Pastry

1. Place all pastry ingredients into mixing bowl and mix 20 sec/ speed 6.
2. Transfer pastry dough onto a lightly floured silicone bread mat or work surface, then shape into a ball. Wrap pastry in plastic wrap and place into refrigerator to rest for 20 minutes.

## Caramelised Onion

1. Place garlic into mixing bowl and chop 3 sec/ speed 7. Scrape down sides of mixing bowl with spatula.
2. Add all remaining caramelised onion ingredients and cook 10 min/ Varoma/ Reverse/ spatula. Cook for a further 10 min/ Caroma/ Reverse/ Spatula/ without measuring cup. Transfer mixture into a bowl and set aside.

## Chicken filling

1. Place 500gm of the water into mixing bowl. Place Varoma into position and weigh chicken and kumera into it. Scatter thyme leaves over chicken and kumera and season with salt and pepper. Secure Varoma lid and steam 10 min/ Varoma/ Speed 1. Stir kumera and chicken to ensure even cooking.
2. Add mushrooms into Varoma and steam 5 min/ Varoma/ Speed 1. Remove Varoma and set aside to cool. Discard water.
3. Place butter, flour, stock paste, cream and remaining 100gm water into mixing bowl and cook 4 min/ 90 deg C/ speed 4.
4. Cut cooled chicken into pieces (2-3cm). Add chicken, kumera and mushrooms to mixing bowl and combine 10-15 seconds/ reverse/ speed 1 or until combined. Set aside to cool in mixing bowl while rolling pastry.
5. Preheat oven to 200 deg C.
6. Transfer dough onto a lightly floured piece of baking paper (30 x 40cm) and roll out dough into a circle (40cm diameter) and approx 5mm thick. Transfer baking paper with pastry onto a large baking tray (30 x 40cm).
7. Spread cooled onion mixture onto pastry, leaving a 5cm border on all sides. Place cooled chicken mixture on top of onion mixture.
8. Fold over pastry border, pleating pastry as you fold to create a crust, and garnish with extra thyme leaves. Brush pastry border with milk and bake for 25 minutes (200deg C) or until pastry is puffed and golden.
9. Leave to cool for 5-10 minutes before serving.

# Mabo Tofu

Recipe submitted by Fiona Langsdorf

## Ingredients

2 cloves garlic minced  
1 inch ginger (2.5 cm) minced  
2 green spring onions cut into ½ inch chunks  
400g silken/soft tofu – drained and cut into 2.5cm cubes  
1 Tbsp neutral-flavored oil (vegetable, canola, etc)  
225g minced pork (or any other mince/veggies of your choice)

## Seasoning

2 ½ Tbsp Doubanjiang (spicy chili bean sauce/broad bean paste)  
2 Tbsp mirin  
1 Tbsp miso  
1 Tbsp oyster sauce  
½ Tbsp soy sauce  
1 tsp sesame oil (roasted)  
1 tsp cornstarch  
4 Tbsp water

## Method

1. Combine all the ingredients for the seasoning in a bowl and mix well together.
2. In a large frying pan, heat vegetable oil on medium heat and sauté garlic and ginger. Once they are fragrant, add the ground pork and break it up with a spatula or wooden spoon.
3. When the meat is no longer pink, add the Seasoning mixture and stir thoroughly.
4. Once the sauce is back to boiling, add the tofu and gently coat the tofu with the sauce. Stir frequently, without mashing up the tofu, until it is heated through. Add the spring onions and mix just before taking the pan off the heat. Serve immediately.

# Puff Pastry Chicken Pot Pie



Recipe submitted by Kim Wallace

## Ingredients

- 1 package of Frozen Puff Pastry, thawed
- 1/3 cup butter
- 1/2 medium onion, chopped
- 1 stalk celery, sliced
- 1/3 cup flour
- 1 tspn salt
- 1/2 tspn ground black pepper
- 1/2 tspn celery seeds
- 1 cup milk
- 2 cups chicken broth
- 450gm chicken breast, cubed
- 1 package of frozen mixed vegetables

## Method

1. Preheat the oven to 200 deg C.
2. Roll out 1 sheet of puff pastry into an 11inch square. Press into a 9inch pie dish. Cut off extra pastry and prick thoroughly with a fork. Press a sheet of aluminium foil right onto pastry.
3. Bake in the preheated oven until pastry is puffed and golden browned, about 25 minutes. Remove from oven, remove foil, and set aside.
4. Meanwhile, melt butter in a skillet over medium - low heat and cook onions and celery until soft and translucent, about 5 minutes. Add flour, salt, pepper and celery seeds. Cook and stir until mixture is paste-like.
5. Slowly add milk to the skillet while stirring constantly, about 5 minutes. Continue stirring and slowly add broth a little at a time. Cook until thickened, 7 to 10 minutes, constantly stirring. Add chicken and frozen vegetables. Cook until vegetables are thawed, 3 to 5 minutes.
6. Pour chicken mixture into pre-baked puff pastry shell. Roll out a second sheet of pastry into an 11 inch square and place on top of chicken mixture. Cut off extra pastry and crimp edges.
7. Bake in the preheated oven until pastry is lightly browned, 45 - 50 minutes.

# Pulled Pork

The background of the page is a light-colored, textured surface, possibly a white tablecloth or paper. It is decorated with fresh ingredients: a whole red tomato in the top right corner, a whole red tomato in the bottom right corner, a green basil leaf in the bottom right corner, and a whole pink onion in the middle right. There are also scattered small pieces of red and yellow spices or herbs throughout the scene.

Recipe submitted by Lauren Hughes

## Ingredients

- 1 pork roast
- 1 bottle smokey bbq sauce
- 1-2 beef stock cubes
- 1 onion
- 2 TBSP Gravy

## Method

1. Cut fat off pork and discard the fat. Cut the pork into 4 pieces and brown in a hot pan with onion chopped up.
2. Place browned pork, onion, bbq sauce and stock in a slow cooker with 1-2 cups water for 6-8 hours on low.
3. Pull pork out and shred, reduce liquid if required and add the gravy, place the pork back in and mix.
4. Serve with coleslaw on a fresh roll or nachos.

Serves 6-8

# San Choy Bau



Recipe submitted by Samantha Kilroy

## Ingredients

500gm turkey mince  
2 grated carrots  
2 grated zucchini  
1 small onion finely chopped  
1 garlic clove  
1 tsp ginger  
1 TBSP tamari  
2 tsp fresh chives  
sesame seeds  
lettuce leaves

## Method

1. Cook mince for about 2 minutes, add onion. Once mince is just browned add carrots, zucchini, garlic and ginger.
2. Cook for another 3 minutes until vegies are soft.
3. Add tamari and fresh chives. Simmer for 2 minutes
4. Spook mixture into lettuce leaves, sprinkle sesame seeds on top.

# Satay Chicken Sticks



Recipe submitted by Mia DeJersey

## Marinade -

1-1.5kg free range chicken thighs  
1/4 tsp roasted ground coriander seed (or coriander powder)  
1/4 tsp pepper  
1 tsp salt  
2 tbs sugar  
1/4 tsp ground turmeric  
1/2 tsp curry powder  
3 slices of galangal  
1/2 tbs lemongrass  
5 garlic cloves  
1 cup coconut milk  
2 tbs oil (vege/coconut)

## Arjad Sauce -

3 tbs sugar  
1 1/2 tbs vinegar  
1/4 tsp salt  
1/2 cup hot water  
Cucumber  
Red onion  
Chilli  
Coriander leaves

## Sauce -

2 tbs massaman curry paste  
4 tbs crushed peanuts  
1 1/2 tsp salt  
5 tbs sugar  
2 tbs oil  
1 1/2 cups coconut milk  
Balance with lime juice or tamarind

# Satay Chicken Sticks cont.

## Method:

1. Cut chicken into pieces - thin long pieces for satay sticks, or bigger pieces for the BBQ.

## Marinate -

1. To release the flavour of the spices, roast the coriander seed and grind in a mortar and pestle.
2. Add the remaining spices, galangal, lemongrass, garlic, salt and sugar and pound together.
3. Add this to the chicken in a bowl or container with the coconut milk and mix. Alternatively, if you have powdered spices and don't wish to pound, just chop the garlic and add to mix (like above). \*I have used ginger instead of galangal and gone without lemongrass and it still tastes great.
4. Leave to marinate for as long as you have! 1hr +. If you are wanting to make satay sticks, leave to marinate and then slide the thin pieces onto the sticks.

## Sauce -

1. Add to a saucepan and simmer. Taste and balance. If it's too tart add a little more sugar, if too sweet add some lime or tamarind juice.

## Arjad -

1. Simmer the vinegar, sugar, salt and water gently and then leave to cool.
2. Chop up finely cucumber, onion, coriander leaves and chilli and add to a small bowl.
3. Pour the cooled mixture over the veggies.
4. Serve with a spoon to scoop alongside your satay.
5. When you're ready to eat, cook your chicken on the BBQ, on the fire or on the griller (discard the marinade).
6. Serve with rice, salad, satay sauce and arjad.



# Satay Chicken & Rice



Recipe submitted by Lauren Hughes

## Ingredients

400gm Coconut milk  
4 chicken breast  
1 TBSP curry powder  
1 TBSP tumeric  
1 Tspn soy sauce  
2 tspn oyster sauce  
2 tspn white sugar  
1 tspn green curry paste  
1 TBSP palm sugar  
2-3 TBSP peanut butter  
400gm rice

## Method

1. Cook rice according to packet instructions.
2. Marinate chicken (best done hours before cooking) with 1/3 tin coconut milk, curry powder, tumeric, soy sauce, oyster sauce and sugar. Put aside.
3. Place other 2/3 tin coconut milk into a saucepan with peanut butter, curry paste and palm sugar. Bring to a simmer until sugar dissolves and take off the heat.
4. Cook chicken on the BBQ (it gets the best flavour here!)
5. Serve chicken on a bed of rice and serve with satay sauce. Amazing!



# Shepherd's Pie



Recipe submitted by Samantha Kilroy

## Ingredients

- 1 brown onion, finely chopped
- 1 carrot peeled and finely chopped
- 2 celery stalks trimmed and finely chopped
- 500gm turkey breast mince
- 2 TBSP wholemeal flour
- 500ml (2 cups) chicken stock
- 1 dried bay leaf
- 1 TBSP tamari (Low salt soy sauce)
- 1 TBSP tomato paste
- about 800gm sweet potato, peeled, boiled and mashed

## Method

1. On a medium heat part cook turkey mince, then add carrot, celery and cook until veggies are soft and mince is cooked through.
2. Add flour and cook, stirring for 2 minutes or until combined. Add stock, tamari, bay leaf and tomato paste. Bring to the boil. Reduce heat to low and cook until sauce thickens.
3. Cook the mash sweet potato.
4. Pre-heat oven to 200 degrees. Spoon meat mixture into a baking dish, cover with mash. .
5. Brush with a small amount of melted butter and bake for 20 minutes or until potato is golden brown. Serve

# Twice Cooked Pork Tacos with Pineapple salsa

Recipe submitted by Jo Corney

## Ingredients

- Pork shoulder
  - 4 garlic cloves
  - 1 onion, finely diced
  - 2 teaspoons coriander seeds, lightly bashed (or you could use ground coriander)
  - 2 teaspoons smoked paprika
  - 2 teaspoons ground oregano
  - 2 teaspoons cumin
  - 2 teaspoons beef stock
  - Salt to taste
  - Pineapple
  - Tomatoes
  - Cucumber
  - Fresh Coriander
  - Tortillas
- (Mission Street Style are our family fav)



## Method:

1. Place a rolled pork shoulder in the slow cooker and cover in your favourite spices and water. Cook on low for 10 hours.
2. Then take the pork out of the slow cooker and put in a casserole dish. Remove the skin and fat, discard. Then break apart into pulled pork. Cover with half of the liquid from the slow cooker and place in the oven for 5 hours on low. Pour the other half of the liquid into a saucepan and reduce.
3. Once reduced, pour the reduced liquid into the casserole dish with the rest of the pork.
4. To make Salsa - finely slice coriander and dice the pineapple, tomato and cucumber. Gently heat the pineapple in a pan until golden. Combine all salsa ingredients in a bowl.
5. Heat tortillas in a pan. Top with Pork and salsa. I like to add a Coriander salsa I bought from the markets - YUM



*Fish &  
Seafood*

# Baked fish with Tomato



Recipe submitted by Simone French

## Ingredients

350g cherry tomatoes  
1 tbsp shredded lemon zest  
8 cloves garlic, bruised  
1 1/2 tbsp salted capers, rinsed  
1/3 cup olive oil  
4 x 120g firm white fillets, such as snapper  
lemon juice  
sea salt and cracked black pepper

## Method

1. Preheat the oven to 180deg Celsius.
2. Place the tomatoes, lemon zest, garlic and capers in a baking dish
3. Drizzle with half of the oil and bake for 20 minutes
4. Add the fish fillets to the baking tray, drizzle with the remaining oil and cook for a further 15-20 minutes or until golden and cooked through.
5. Drizzle with lemon juice and sprinkle with salt and pepper.
6. Serve with the tomatoes and a green salad

# Chilli Crab

Recipe submitted by Natalie Cavanagh

## Ingredients

6 mud crabs  
2 brown onions (finely chopped)  
fresh ginger (1/2 medium size)  
8 garlic cloves  
4 mild chilli's  
2 tins coconut milk  
500ml sweet chilli Sauce  
2 tbsp olive oil  
2 tins diced tomatoes

## Method

1. Go catch some Muddies (or get your partner to).
2. Once caught put mudcrabs to sleep (In the freezer for 15 -20 minutes).
3. In the meantime, in a food processor blend ginger, garlic and chillis to a smooth paste.
4. Pull mudcrabs out of freezer, clean and break muddies in half.
5. In a large wok, add oil, onions and (chilli, garlic and ginger paste) and fry on low heat for 5 minutes.
6. Add muddies, put lid on wok and steam until crabs are half cooked.
7. Add sweet chilli sauce, coconut milk and diced tomatoes, stir until combined.
8. Simmer on low until muddies are cooked, stirring occasionally.
9. Dish up.

This meal is messy, best eaten outside with a cold beer or a crisp glass of wine along with some crunchy fresh bread smothered in butter to soak up those juices.

# Fish Dish

Recipe submitted by Jenny Aspinall

## Ingredients

500gm raw fish fillets  
1 cup cooked rice  
1 raw onion, diced  
1 raw zucchini, diced  
1 raw carrot  
Can add frozen peas, corn and or spinach as desired  
small amount of grated cheese  
1 cup white sauce (as below)

## Method

1. Once rice is cooked, add diced onion and other raw vegetables as desired and then spread the rice mixture on the bottom of a rectangular or square dish, approximately 2 cm in thickness.
2. Place raw fish on the bed of rice - covering all rice but do not overlap the fish
3. Pour white sauce over the fillets, sprinkle a small amount of grated cheese over the top of the white sauce.
4. Bake in moderate oven at 180deg C until fish is cooked (approximately 30 minutes).

## White Sauce:

1 TBSP Margarine  
2 TBSP flour  
1 cup milk  
1/2 cup grated cheese

## Method

1. Melt margarine in the microwave (approx. 20 seconds).
2. Take out and then add flour slowly and mix well.
3. Add milk and mix well ensuring no lumps and return to the microwave for 1 min.
4. Take out and stir until no lumps then add grated cheese, returning to microwave for 1 min or until thickened. (Careful it may bubble over if on for too long.)

# Honey Sesame Prawns

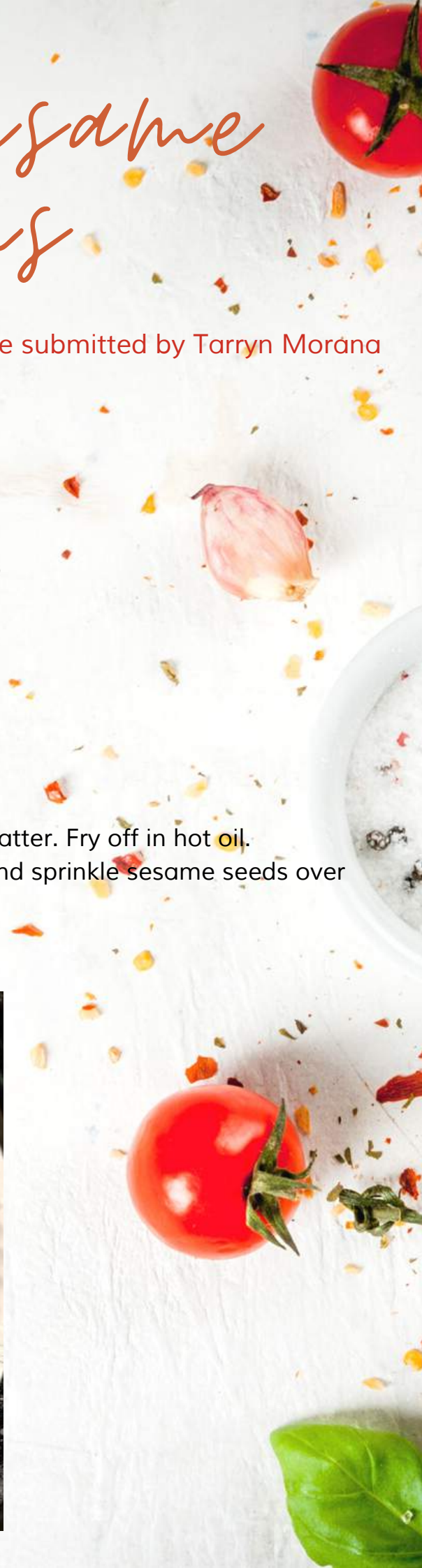
Recipe submitted by Tarryn Morana

## Ingredients

1 egg beaten  
3/4 cups chilled soda water  
1/2 cup Self Raising Flour  
1/4 cup Cornflour  
Good pinch of salt  
1 kilo Peeled prawns  
Honey to drizzle over  
Sesame seeds to sprinkle over

## Method

1. Mix everything together and drop the prawns in the batter. Fry off in hot oil.
2. When golden drain on paper towel & drizzle honey and sprinkle sesame seeds over top.



# Spiced Cod with Quinoa Salad & mint chutney



Recipe submitted by Samantha Kilroy

## Ingredients

- 40g quinoa (or 85g pre-cooked quinoa)
- 3 tbsp chopped mint
- 3 tbsp chopped coriander
- 150g pot 0% natural yogurt
- 1 garlic clove
- ¼ tsp turmeric
- A pinch of cumin seeds
- 2 x 150g chunky fillets skinless white fish, such as sustainable cod
- ¼ cucumber, finely diced
- 1 small red onion, finely chopped
- 4 tomatoes, chopped
- A good squeeze of lemon juice

## Method

1. Cook Quinoa if not already done.
2. Put 2TBSP each of the mint and coriander in a bowl. Add the yoghurt and garlic, and blitz with a hand blender until smooth. Stir 2 TBSP of the herby yoghurt with the turmeric and cumin, then add the fish and turn in the mixture to completely coat.
3. Turn the grill to High. Arrange fish in a shallow heatproof dish and grill for 8-10 minutes, depending on thickness, until it flakes.
4. Toss the quinoa and the cucumber, onion, tomatoes, lemon juice and remaining herbs.
5. Spoon onto a plate, add the fish and spoon round the mint chutney, or add it at the table.



# Tuna Fish Casserole



Recipe submitted by Kerri Keuhn

## Ingredients

- 1 medium sized onion (chopped)
- 1 or 1/2 green capsicum (chopped)
- 1 can mushroom condensed soup
- 1 can water
- 1 small red capsicum fresh or canned (OR few pieces or slices of tomato are just as good for colour)
- 1 can tuna (pour off oil and rinse with warm water whilst still in can then break into chunks)
- 3 TBSP Rice

## Method

1. Mix all together in casserole.
2. Sprinkle with grated cheese.
3. Bake at 160degrees C for about 1 hour until rice is cooked.

# Vietnamese Style Caramelised fish



Recipe submitted by Simone French

## Ingredients

- 1 bunch coriander
- 2 tbs vegetable oil
- 2 eschalots, peeled, thinly sliced
- 3cm piece fresh ginger, peeled, finely shredded
- 1 small red chilli, seeds removed, finely chopped
- 1 cup brown sugar
- 1/3 cup salt reduced soy, standard soy sauce can be used
- 1 tbs fish sauce
- Barramundi fillets
- Fresh rice noodles, to serve

## Method

1. Cut root and 3cm of stalk from bunch of coriander. Rinse under cold water to remove any soil and finely chop. Remove leaves from stalks, place into a bowl of iced water and refrigerate until required.
2. Heat 1 tablespoon oil in a saucepan over medium heat. Add eschalot, ginger, chilli and chopped coriander. Cook, stirring often for 3 minutes or until eschalot is soft. Add brown sugar, soy and fish sauce. Cook, stirring until sugar has dissolved, and mixture comes to the boil. Reduce heat to low and simmer for 2 minutes.
3. Meanwhile, heat remaining oil in a non stick frying pan over medium heat. When hot add 2 fish fillets and cook for 2-3 minutes on each side or until cooked through. Transfer to a plate and cover to keep warm. Cook remaining fish.
4. Serve fish fillets on a bed of rice noodles. Spoon sauce over fish and top with reserved coriander leaves.
5. Serve with rice noodles and steamed Asian vegetables.

# Weipa Crab lasagne with Crustacean Sauce

Recipe submitted by Catherine Roberts

## Ingredients

### LASAGNE

750g cooked Weipa Mud crab meat  
- reserve shells for sauce  
60ml napoli sauce (or your own tomato sauce)  
40g grated Grana Padano cheese  
600ml milk  
60g butter  
60g flour  
25g tomato paste  
Salt & pepper  
Cayenne pepper  
600g lasagne sheets

### CRUSTACEAN SAUCE

50g crab shells  
50g celery  
100g onions  
1 garlic clove  
1 fresh tomato  
25g tomato paste  
½ branch thyme  
75ml white wine  
200ml cream  
olive oil

## Method

### Béchamel Sauce

1. Melt the butter in a saucepan over medium heat and stir in the flour until smooth. Cook, stirring for one minute, then remove from heat. Gradually add milk to the flour, stirring continuously until you have a smooth sauce. Place back on the heat and stir until it boils and thickens. Remove from heat and stir in cheese.
2. Bring 3L water to boil, add salt and cook lasagne sheets until al dente, then cool. Preheat oven to 140 deg C.

### Lasagne

1. Mix 3/4 of the béchamel sauce with crab meat and season with salt, pepper and pinch of cayenne. Reserve remaining béchamel sauce.
2. Pour 60ml of Napoli sauce in base of oven dish. Top with 1 layer lasagne sheets. Lay half crab meat/ béchamel mixture on the lasagne sheet, followed by a layer of lasagne sheets. Add another layer of crabmeat/ béchamel, then another layer of lasagne sheets.
3. In a blender, mix the remaining 1/4 béchamel sauce with tomato paste until smooth and spread on top of the lasagne. Bake for 45/50 minutes.

### Crustacean Sauce

1. 1 TBSP of oil in a large stockpot and adding crab shells (we also add the crab legs), chopped carrots, celery and onion. Cook slowly until the vegetables are lightly golden.
2. Add garlic, fresh tomato and tomato paste and cook for 5 minutes. Add white wine, cook for another 5 minutes, then add water to cover shells. Bring to the boil over high heat then reduce to simmer for 45 minutes.
3. Strain and discard the solid then return the liquid to the boil and cook until reduced to 1L. Add cream, season to taste, bring to boil and blend until smooth before use.
4. Plate up lasagne with ladle sauce over top.

Both the lasagne and the sauce freeze well but ensure you freeze them separately.





*Rice &*

*Pasta*

# Aglio O Olio (Italian pasta)

Recipe submitted by Lauren Hughes

## Ingredients


400g spaghetti  
6-8 garlic cloves  
Handful parsley  
1/2 cup walnuts  
Salt and pepper to taste  
1/2 cup Light Olive oil  
Lots of Parmesan cheese  
Optional: chicken, prawns or anchovies

## Method

1. Boil pasta as per pack instructions in salted water.
2. Chop garlic, walnuts and parsley fine.
3. Place garlic, walnuts and parsley in a small pot with olive oil and salt/pepper to taste. Bring to a simmer and stir for 2-5 minutes. Take off heat and put aside until pasta is ready.
4. When pasta is ready, drain and put back into the pot, add the garlic mixture and stir, add a generous amount of Parmesan cheese and serve.
5. Optional: (if adding prawns or chicken, cook separate and add at the end, anchovies can go in at step 4).
6. Optional: best served with a glass of wine.

Serves 4-6

# Caitlys Creamy Chicken Carbonara



Recipe submitted by Caitlyn Williams

## Ingredients

50g parmesan cheese  
1 small/ medium onion, quartered  
4 garlic cloves, peeled  
200g diced bacon  
20g olive oil or butter  
500g diced chicken thigh  
500ml boiling water  
250ml fettucinni pasta, broken in half  
2 chicken stock cubes  
250g cream  
1 tsp parsley

## Method

1. Place 50gm Parmesan Cheese in the bowl and mix 8 sec/ Speed 8. Set aside.
2. Without washing the bowl, place onion and garlic in bowl and mix 5 sec/ speed 7. Scrape down sides.
3. Add bacon, olive oil or butter and chicken thigh to bowl. Cook 4 min/ varoma temp/ speed 1 (reverse).
4. Add boiling water, pasta, and stock cubes to bowl. Cook 12 min/ 100 deg/ speed 1 (reverse).
5. Add cream, half of the grated parmesan and parsley to bowl. Cook 3 min/ 100 deg/ speed 1 (reverse).
6. Serve with remaining grated parmesan cheese.

# Chicken Fettuccine Carbonara

Recipe submitted by Nicole Henry

## Ingredients

- 1 onion, diced
- 1 garlic clove, crushed
- 1 cup mushrooms, diced
- 250g bacon, diced
- 2 chicken breast, sliced  
or  
half roast chicken
- 200ml cream
- 2 tablespoon sour cream

## Method

1. Cook desired amount of fettuccine pasta.
2. Drizzle olive oil in pan and heat.
3. Fry off onion, garlic, mushrooms and bacon until brown.
4. Add Chicken - if using breast ensure chicken is cooked before moving to the next step.
5. Add cream and sour cream.
6. Simmer for 5 minutes.
7. Serve and Enjoy.



# Paella

Recipe submitted by Tarryn Morana

## Ingredients

3 cups short grain rice approx  
2Lt veggie stock approx  
Large red onion diced  
4 good cloves of Garlic crushed  
1 fresh chilli finely chopped  
1 large red capsicum cut into strips  
8 Chook thighs cut into 4  
Good pinch of Turmeric  
1 cup frozen peas or beans  
2 chorizo snags sliced  
2 limes & 1 lemon quartered  
Prawns dewhiscker leave shells on  
Fresh coriander



## Method

1. Get BBQ PAN hot fry chorizo snag till slightly brown & oils released add onion & chook cook till browned (don't over cook or you'll dry it out!!) add chilli & garlic and cook well.
2. Add the rice push around the BBQ PAN for a minute or 2 till covered in pan oils.
3. Add 1/2 the stock & the turmeric.
4. Bring to a simmer add peas, capsicum evenly across the pan. At this stage if the rice isn't covered with stock add more till covered!
5. Reduce heat & evenly lay out prawns, then cover with foil. In 5 turn prawns and top up with stock if needed recover for another 5.
6. Remove from heat squeeze with limes and lemons! Enjoy!



# Desserts

# Fruit Cake

My mother found this recipe in a Woman's Day, dated November 14 1983. Since then, the recipe has been used for all special family celebrations – Christmas, births, baptism, 21st, funerals and weddings. This cake turns out beautifully.

Recipe submitted by Courtney Thomas

## Ingredients

1kg mixed dried fruit  
125gm mixed peel  
60g glace pineapple, roughly chopped  
5 TBSP rum  
250gm softened butter  
250gm brown sugar  
5 eggs  
1 tspn vanilla essence  
1 tspn almond essence  
3 TBSP syrup  
1 TBSP raspberry jam  
finely grated rind and juice of 1 small orange  
2 cups plain flour  
1.5 tspn mixed spice  
extra 2 TBSP rum

## Method

### Step 1

1. Prepare all fruit and place in a large mixing bowl. (I usually use a small covered bucket instead. Easier for mixing everything in later.)
2. Sprinkle 5 tbsps rum over the fruit and toll until all fruit is covered. Can cover and leave for weeks. Shake and turn upside down every few days to stop rum settling on the bottom fruit.

Step 2 (This step is annoyingly fiddly, but stops the cake from burning. Good fruit cakes need long, slow heat)

1. Prepare 20cm cake tin.
2. Cut out a circle of double thickness brown paper and baking paper, the size of the base of the tin.
3. Cut a double thickness strip of brown paper and baking paper about 5cm higher than the depth of the tin.
4. Place the baking paper inside the brown paper and turn down a 2cm margin along one edge. Make slanting cuts along that edge to the fold line.
5. Place the papers (baking paper still inside brown paper) inside the tin, with the snipped margin lying flat around the bottom.
6. Now place the brown paper and baking paper circles over this, on the base of the tin.

# Fruit Cake cont..

## Step 3

1. Sift flour and spice together and set aside.
2. Beat butter and sugar until the sugar has dissolved and the mixture is light and creamy. (About 5 mins)
3. Add first four eggs one at a time. Before adding the 5th egg, add several tblspns of the flour mixture. This stops the egg/butter mixture curdling.
4. Add vanilla and almond essence, syrup, jam, orange rind and juice and beat well.
5. If using an electric oven, pre-heat to 150o.

## Step 4

1. Add the butter/egg mixture to the prepared fruit and mix until everything's well combined.
2. Add the sifted flour to the fruit mixture and stir with hands or a large spoon until well combined and fruit is evenly distributed throughout the cake mixture.

## Step 5

1. Take large spoonfuls of the mixture and drop into the lined tin, making sure the mixture gets right into the corners.
2. Smooth the top of the cake by patting and leveling with wet hands.
3. Bang cake down on the benchtop several times. This breaks up air bubbles and ensures a flat, even top and prevents fruit rising to the top while cooking.

## Step 6

1. Bake at 150o for two hours, then cover the top with folded newspaper and cook for another 1½ to 2 hours at 140o.
2. Cake is cooked when a metal skewer inserted in the centre of the cake comes out clean and shiny and when firm to the touch and silent. An uncooked rich fruit cake make a distinct humming sound
3. When cooked remove from the oven and prick all over the surface with a skewer. Sprinkle with the extra rum.
4. Cover the top of the cake with clean tea-towels and leave to cook in tin. When cold, turn out of tin, leave the paper on and wrap in glad wrap.
5. Store in a fridge until ready to eat. Equally nice whether plain or iced.



# Homemade Chocolate

The background of the page is a light-colored, textured surface, possibly a marble or stone countertop. It is decorated with fresh ingredients: a whole red tomato in the top right corner, another whole red tomato in the bottom right corner, a green basil leaf in the bottom right corner, and a single pink onion bulb in the middle right. Scattered throughout the scene are small, dried spices and herbs, including what appears to be red chili flakes and yellow seeds.

Recipe submitted by Samantha Kilroy

## Ingredients

3/4 cup melted coconut oil

3/4 cup honey

1 cup raw cacao powder

1/4 tspn vanilla essence

## Method

1. Blend all ingredients in a blender until smooth, put in chocolate moulds and set in freezer for 5 hours.

Feel free to add dried fruit, nuts, coconut for extra taste.

# Jo's Mini Baked Cheesecakes

Recipe submitted by Jo Moloney

## Ingredients

### Base

Pkt of Biscuits of choice - I usually use Arnotts Nice or Choc Ripple  
1/4 cup butter, melted

### For the Filling

250gm cream cheese, softened  
150gm sour cream  
1/4 cup white sugar  
1 TBSP lemon juice  
1/2 tspn vanilla essence  
1 egg

## Method

1. Preheat oven to 160 deg C. Place patty cases into 12 cup muffin tin
2. Process packet of biscuits to resemble fine sand.
3. Stir through melted butter until well combined. Place a tablespoon of crumb mixture into each patty case, pressing firmly. Let it sit to the side.
4. Beat together cream cheese, sugar, lemon juice and vanilla until fluffy. Mix in the egg. Mix in the sour cream.
5. Using an icecream scoop, fill each patty case 3/4 full. Bake for 20 minutes until just set (ok to have slightly wobbly in the middle).
6. Let cool in pan before moving to fridge to finish setting until ready to serve (best for leave for 5 hours, if possible).
7. Decorate at your leisure - when there are no fresh berries instore, I use a little strawberry jam and mixture of frozen berries.

# Key Lime Pie



Recipe submitted by Lorinda Billing

## Ingredients

### Crust

1 cup almonds  
3/4 cup pitted dates  
pinch salt  
1 tsp vanilla  
Splash of water if required

### Filling

2 medium ripe avocados  
1/4-1/2 cup maple syrup  
1/3 cup fresh lime juice (2 large limes)  
1 tsp vanilla  
1/8 tsp salt  
1/2 cup coconut oil  
Lime Zest for garnishing

### Method

1. Pulse crust ingredients in food processor until sticky crumble forms
2. Press into paper lined pan/ dish & set aside
3. Rinse processor & pulse the avocados.
4. Add in lime juice, zest, syrup, vanilla and salt. Taste and adjust
1. Stream in melted coconut oil.
2. Pour over crust.
3. Garnish with zest and lime slices
4. Refrigerate for several hours to set.

Enjoy!

### Note:

- Can substitute macadamia oil for coconut oil.
- Crust is very crumbly, a 5 minute bake might help if time allows.

# Peppermint Roll



Recipe submitted by Emily Peel

## Ingredients

85 grams butter  
Half a tin of condensed milk  
Packet of malt biscuits  
1 block of Cadbury peppermint chocolate 180g (chilled)  
Small amount of coconut

## Method

1. Crush malt biscuits.
2. Combine butter and condensed milk and microwave until butter is melted.
3. Add to biscuits. Mix.
4. Chop chocolate into pieces and add to mixture. Mix.
5. Divide mixture into 2.
6. Form into logs and roll in coconut.

Refrigerate.



# Secret Chocolate Cake

## Ingredients

220g butter  
220g dark chocolate chopped  
125g self raising flour  
125g plain flour  
50g coco  
25g coffee granules  
1/2 TS bi carb soda  
300g caster sugar  
4 eggs lightly beaten  
7 TS vegetable oil  
100ml milk

## Ganache

600g Dark chocolate  
300ml cream

## Method

1. Preheat oven 160\*c and line a cake tin.
2. Place butter chocolate and coffee in a saucepan with 160ml water, until melted then remove from heat to cool down.
3. Sift all dry ingredients except the sugar, add the sugar in with eggs, oil, milk and chocolate mixture.
4. Pour mixture into the tin and bake for 1 HR 40 min or until a skewer comes out clean.
5. While cake is cooking, finely chop chocolate and place in a microwaveable bowl with cream. Heat in microwave for 30 secs at a time, on a low heat, mixing in between until melted.
6. Ganache can be stored in the fridge to add to cake later, just zap in the microwave. Otherwise can be served warm over the cake.
7. Best served with vanilla ice cream and fresh strawberries/ raspberries.

Recipe submitted by Lauren Hughes



Biscuits,  
Cakes,  
Muffins &  
Slices

# Anzac Biscuits



Recipe submitted by Elissa Brooks

## Ingredients

125gm unsalted butter  
1 TBSP Golden Syrup  
2 TBSP boiling water  
1 TBSP Bicarb soda  
1 cup sugar  
1 cup plain flour  
1 cup rolled oats  
1 cup desiccated coconut

## Method

1. Preheat Oven to 150 deg C.
2. Grease baking trays with butter or line with baking paper
3. Melt butter in a small saucepan
4. Add the syrup, water and baking soda (it will froth up).
5. Combine all dry ingredients in a mixing bowl, add the butter mixture and stir well.
6. Place spoonful's of mixture on the trays approximately 5cm apart and flatten with a fork.
7. Bake for around 20 minutes until golden brown.

# Banana Cake



Recipe submitted by Elissa Brooks

## Ingredients

Melted butter to grease  
125gm Soft butter  
315gm (1.5cups) sugar  
2 cups mashed overripe bananas  
2 eggs  
1 tsp Vanilla essence  
110ml Buttermilk  
1.5 cups Self Raising Flour  
1/2 tspn bicarb soda

## Cream Cheese Frosting

125gm softened cream cheese  
50gm unsalted butter at room temperature  
1.5 cups icing sugar  
1.5 tspns buttermilk

## Method

1. Preheat oven to 180deg Celsius. Grease a cake pan with melted butter. Line pan with non stick baking paper.
2. Place the butter, sugar, banana, eggs and vanilla in the bowl and mix well. Add buttermilk and combine well.
3. Add the flour and bicarb soda, mix well until just combined. Pour the mixture into the greased pan. Bake in the oven for 1 hour. Leave to cool down.
4. Using an electric beater to beat the cream cheese and butter in the bowl until well combined. Add the icing sugar and beat until well combined. Add the buttermilk and beat mixture.
5. Spread the Cream cheese frosting over the top of the cake.

# Caramel Coconut Slice

## Ingredients

### Base

1/2 cup plain flour  
1/2 cup coconut  
100gm melted butter  
1/2 cup self raising flour  
1/2 cup caster sugar

### Method - Base

Mix all together in a bowl and press into a greased slice tin.  
Bake in 180deg C Oven for about 12 minutes

### Filling

400gm can condensed milk  
2TBSP Syrup  
1/4 cup brown sugar  
60gm melted butter

### Method - Filling

Put all caramel filling ingredients into a bowl, mix well and pour over base.

### Topping

2 cups coconut  
1/3 cup caster sugar  
2 eggs

### Method - Topping

Mix all topping ingredients together and sprinkle over caramel filling. Put in oven for a further 25 minutes.

Recipe submitted by Fiona Langsdorf



# Chocolate Peanut Butter Slice

Recipe submitted by Samantha Kilroy

## Ingredients

### Base

1 cup cashews (soaked for min 4hours, overnight is even better)

1 cup dates (soaked min 1hr)

3 tsp cacao

2 tbs coconut oil

### Middle Layer

½ cup peanut butter

1 tbsp coconut oil

### Top Layer

1 scoop whey protein (chocolate will work best but vanilla flavor is fine)

3 tbsp cacao

1 tbsp vanilla essence

1 tbsp rice malt syrup (Honey will also work)

3-4 tbsp melted coconut oil

## Method

1. Cover a slice pan with baking paper.
2. Blend all base ingredients together until combined. Place into the slice pan. Put in freezer whilst making the middle layer.
3. In saucepan put mix together Peanut butter and coconut oil on medium to low heat. Pour on top of the base and place back in the freezer for 1hour.
4. Combine top layer ingredients in a bowl and spread over the slice. Freeze for another hour.
5. Enjoy. This recipe keeps in freezer for up to 6 months.



# Grandma's Date Loaf

Recipe submitted by Fiona Langsdorf

## Ingredients

- 1 ½ cups chopped dates
- 1 ½ cup sugar
- 2 oz butter
- 1 cup boiling water
- 1 tsp bi carb soda
- 1 ½ cups plain flour

## Method

1. Place dates, sugar, butter, bi-carb soda into a bowl and pour in boiling water.
2. When butter has melted add plain flour and beat on low speed until blended (mixture will be sloppy).
3. Pour into greased and lined loaf tin and bake in a moderate/ low oven for 45 minutes.

Hint: We add chunks of crystalised ginger in which gives it a 'wow' factor.



# Lemonade Scones



Recipe submitted by Yasmin Braes

## Ingredients

3 cups sr flour  
1 cup cream  
1 cup lemonade  
Extra flour  
Milk  
Jam  
Whipped cream

## Method

1. Place flour, cream and lemonade in a bowl and mix together using a butter knife.
2. Turn out on a floured bench or board and give it a small knead not too much but enough to make the mixture come together and not be crumbling apart.
3. Using your fingers flatten out till about 3 cm high and cut as desired. Either using a scone cutter, floured glass or even just cutting into squares.
4. Rub a little milk on top and place in the oven at 160 deg pre heated.
5. Cook for approximately 25 minutes or until golden brown.
6. Cut in half and top with jam and whipped cream.



# Melting Moments with Passionfruit butter

Recipe submitted by Courtney Thomas

## Ingredients

150gm soft butter, diced  
75gm caster sugar  
1/2 tsp grated lemon rind  
200gm plain flour  
50gm rice flour  
icing sugar

## Passionfruit butter

150gm icing sugar  
30gm butter, softened  
20ml passionfruit pulp (about 1 passionfruit)

## Method

1. Preheat oven to 180°C.
2. Beat the butter, sugar and lemon rind until light and fluffy. Using a wooden spoon, stir in the flours until combined. Knead mix gently on a floured surface until smooth, and then cover in cling film and allow to rest for 30 minutes in the fridge.
3. Divide mixture into 36, roll into balls and place on a greased baking tray. Flatten the balls with the back of a fork. Bake for 12-16 minutes, or until crisp and light golden. Stand for 5 minutes, then transfer to a cooling rack.
4. Filling: Beat butter with a wooden spoon until pale and creamy. Add half the icing sugar and beat until well combined. Add the passionfruit pulp and the remaining icing sugar and beat until well combined and fluffy. (using less butter will make them stick together better)

Spread passionfruit butter onto half the biscuits, using a palate knife or piping bag with a 1cm nozzle. Top with remaining biscuits, and dust with icing sugar.



# Memas 5 min Fudge

The background of the page is a light-colored, textured surface, possibly parchment paper. It is decorated with various ingredients: a whole red tomato in the top right corner, a shallot in the middle right, another whole red tomato in the bottom right, and a green basil leaf in the bottom right corner. There are also scattered small pieces of nuts and chocolate chips throughout the scene.

Recipe submitted by Kerri Keuhn

## Ingredients

400gm sugar  
150ml evaporated milk  
30gm butter  
2gm salt  
500gm mini marshmallows  
375gm semi sweet chocolate chips  
1 tsp vanilla extract  
125gm chopped nuts

## Method

1. Line a 20cm square baking pan with waxed paper, set aside.
2. Combine sugar, evaporated milk, butter and salt in a medium saucepan. Bring to the boil over a medium heat.
3. Stir in marshmallows, chocolate chips, vanilla and nuts until marshmallows melt and blend together.
4. Pour into pan and chill for at least 4 hours.
5. Cut in 1.25cm squares. Enjoy.

# No bake Peanut butter cornflake cookies

Recipe submitted by Jacinta Smith

## Ingredients

- 1 cup sugar
- 1 cup light corn syrup
- 1 cup creamy peanut butter
- 6 cups cornflakes

## Method

1. Begin by placing a large sheet of wax paper on the countertop.. Pour the corn flakes in a large bowl.
2. In a small saucepan, heat sugar and syrup on medium heat and stir frequently till the sugar dissolves. Be careful not to boil it. Remove from the heat and stir in peanut butter.
3. Pour the sugar-syrup mixture over the cornflakes. Gently mix everything together until coated, being careful not to smash the cornflakes.
4. Drop cornflakes mixture by the spoonful onto wax paper. They will only take a few minutes to set.

To store, cover in an airtight container and leave at room temperature or the refrigerator so they don't melt. It would be tragic!



# Pumpkin Brownie Bar

## Ingredients

- ½ cup Almond meal
- 1 ¼ cup boiled and mashed pumpkin
- ½ tsp baking powder
- 2/3 cup coconut sugar
- 2 eggs
- ½ tsp nutmeg
- ½ tsp ginger
- ½ tsp cinnamon
- dark choc chips (or break up a ½ block of Lindt 90% dark chocolate).


## Method

1. Preheat oven at 180 degrees.
2. Add all ingredients in a bowl and mix.
3. Line a loaf tray or high side baking tray with baking paper. Pour in mixture, bang to flatten it out on top.
4. Pop in the oven for 40mins or until cooked.



Recipe submitted by Samantha Kilroy

# Raspberry & Walnut Bread



## Ingredients

- 2 cup Almond Meal
- 1 tsp Coconut Flour
- 2 large ripe bananas- mashed
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- 2 eggs
- ½ cup chopped walnuts
- Extra walnuts and some frozen raspberries to top

Recipe submitted by Samantha Kilroy

## Method

1. Preheat oven to 180 degrees.
2. Cover a loaf tin with baking paper.
3. Place all ingredients (except the raspberries and ALL walnuts) in a bowl and mix with an electric mixer.
4. Fold in the ½ cup chopped walnuts.
5. Pour mixture into the loaf tin, and top with the raspberries and extra walnuts.
6. Bake in oven for about 40min (until firm).
7. Slice and eat!

# Rich Shortbread

Recipe submitted by Jacinta Smith

## Ingredients

225gm Butter  
100gm caster sugar  
275gm plain flour  
50gm fine semolina  
extra caster sugar

## Method

1. Oven Setting 170deg C.
2. Lightly grease and flour a 30 x 23cm square thin pan.
3. Cream butter and sugar until fluffy. Add the semolina and flour, a little at a time, gradually drawing the mixture together with the fingertips. Turn on to a floured surface and knead lightly until smooth.
4. Press the mixture into the prepared tin, prick all over with a fork and sprinkle with extra sugar.
5. Chill for 15 minutes, then bake in the preheated oven for about 30 minutes, or until pale brown. Leave to cool in the tin for 5 minutes, then while soft cut into fingers.
6. Turn onto wire rack to cool.



# Vanilla Slice

## Ingredients

3 sheets (25 x 25cm) frozen butter puff pastry, just thawed

215g (1 cup) caster sugar

135g (1 cup) custard powder

1L (4 cups) milk

60g butter

2 teaspoons vanilla essence

300ml ctn thickened cream

150g (1 cup) icing sugar mixture, sifted

2-3 tablespoons fresh passionfruit pulp

25g butter, extra vanilla cream

375ml (1 1/2 cups) thickened cream

45g (1/4 cup) icing sugar

1/2 vanilla bean, seeds separated

Recipe submitted by Jamie Jewell

## Step 1:

1. Preheat oven to 200°C.
2. Line 3 baking trays with non-stick baking paper.
3. Place a sheet of pastry on each tray. Prick all over with a fork.
4. Bake for 10-15 minutes or until puffed and light golden.
5. Set aside on the trays to cool.

## Step 2:

1. Combine sugar and custard powder in a saucepan.
2. Gradually whisk in milk until smooth. Whisk over medium-low heat for 5-10 minutes or until the custard boils and thickens.
3. Whisk in butter and vanilla. Cover surface with plastic wrap.
4. Set aside for 5 minutes to cool slightly.

## Step 3:

1. Line base and sides of an 8cm-deep, 22cm (base measurement) square cake pan with baking paper, allowing excess to overhang.
2. Trim 1 pastry sheet so it fits in base of pan. Cut remaining pastry sheets to the same size.
3. Place 1 piece over base of pan, flat-side down.

## Step 4:

1. Whisk the cream into custard until smooth.
2. Pour over the pastry and smooth the surface.
3. Top with another piece of pastry, flat-side up.

# Vanilla Slice cont.

## Step 5:

1. To make vanilla cream, beat cream, icing sugar and vanilla bean seeds in a bowl until firm peaks form.
2. Spread cream over pastry.
3. Place remaining pastry piece, flat-side up, over cream. Press down gently.
4. Cover with plastic wrap. Place in the fridge for 4-5 hours to set.

## Step 6:

1. Combine icing sugar, passionfruit pulp and extra butter in a microwave-safe bowl.
2. Cook on high/800watts/100% for 30 seconds. Stir.
3. Microwave for a further 30 seconds. Stir until smooth.
4. Pour the icing over slice.
5. Place in the fridge until set.
6. Cut into squares to serve.





# Welsh Griddle Cakes



Recipe submitted by Gemma Sugden

In Welsh they are called "Picau ar y maen". They are also known as griddle cakes or bakestones in Wales because they are traditionally cooked on a bakestone (Welsh: maen, lit. 'stone' or Welsh: planc, lit. 'board'), a cast-iron griddle about ½ inch or more thick.

## Ingredients

8 oz self raising flour  
½ teaspoon salt  
4 oz margarine or butter  
2 oz caster sugar  
2 oz currents  
1 egg, beaten  
2 tablespoons milk

## Method

1. Mix flour and salt in a bowl, rub in fat.
2. Add sugar and currents.
3. Mix to a fairly stiff dough with egg and milk.
4. Roll out thinly onto a floured surface, cut into rounds with a 2 inch cutter
5. Bake on a moderately hot, well-greased griddle (or heavy fry pan) for 3 mins each side (or until golden brown).
6. Serve buttered with a sprinkle of sugar (or cinnamon sugar).
7. Eat hot or cold.

Makes approx. 16